



BONHOMME RICHARD'S ALMANAC

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"I have not yet begun to fight!"



VETERANS RECALL DAYS OF VIETNAM WAR

By Seth Mydans

The aging long-haired singer and the bearded artist rattled the ice in their glasses and contemplated the transformation of their nation. Old warhorses as surely as the veterans who paraded Sunday morning with their medals, the two men, anti-war heroes of the past. They talked of peace, progress and the spirit of the nation on the 25th anniversary of the end of the Vietnam War.

Nowadays, said the painter, Trinh Cung, pragmatism and materialism have gripped the soul of Vietnam: "Getting money, more and more, is what people want. They want to have a new life, a new rich life, and quite frankly they don't care what society says about them."

On this night of remembrance, just a few blocks from the site where the last U.S. helicopters fled the city a quarter of a century ago, it seemed a luxury to complain about morality and materialism, the concerns of a nation at peace. "Now, really, I have nothing to protest," said the singer, Trinh Cong Son, who was famous in the 1960s as his country's Bob Dylan. His anti-war songs, banned by the South Vietnamese government, were circulated and sung by everyone from students to soldiers on the battlefield.

Sunday morning's victory parade had been endearingly lackluster, as

the marchers, soldiers, students, stevedores, gymnasts, bank tellers, doctors with their stethoscopes, chatted and laughed together as they dutifully waved their little red flags. As Carlyle S. Thayer, a Hawaii-based expert on Vietnamese politics, likes to say, "Vietnamese ideology is in a muddle and hardly taken seriously by the 97 percent of the people who are not party members."

RE-ENLIST OR RUN FOR IT?



Electronics Technician Second Class Ritchie Resano is honorably discharged by the Executive Officer, Capt. Rolf A. Yngve, in a re-enlistment ceremony held yesterday in the Transceiver Room. After being discharged from the United States Navy, Resano decided not to run for it, but instead to re-enlist. (Photo by ET2 Robert Davis.)

GAY RIGHTS RALLY OVER GAINS AND GOALS

By Robin Toner

Waving banners of gay pride and identity, a crowd estimated in the hundreds of thousands rallied in the nation's capital, celebrating the gains of the gay rights movement in recent years and vowing redoubled efforts on issues like hate crime legislation.

One leader after another exhorted the crowd to demonstrate its influence at the ballot box in November. For more than six hours, a wide range of speakers, including the parents of Matthew Shepard, the Wyoming gay college student whose beating death galvanized the drive for laws against hate crimes, addressed the unfinished agenda of the gay rights movement.

"Let people know you are a part of America, you are a solid God-fearing part of America, and you deserve the same rights," said Dennis Shepard, Matthew's father.

There was a strong political sub-text to the day. Elizabeth Birch, executive director of the Human Rights Campaign, the nation's largest gay and lesbian organization, told the

audience, "We must elect Al Gore as president of the United States," arguing that "the very future of the U.S. Supreme Court for the next generation hangs in the balance."

ELIAN RAID HEARINGS IN DOUBT

By Associated Press

A Senate Republican leader acknowledged Sunday that Congress might never hold hearings on whether the government used excessive force to seize Elian Gonzalez and return him to his father.

The Republican, Sen. Orrin G. Hatch of Utah, chairman of the Judiciary Committee, said he had postponed the hearings until he could see Justice Department documents about the operation.

STOCK MARKET

DOW	10,811.78	UP	77.87
NASDAQ	3,958.08	UP	97.42
S&P 500	1,468.25	UP	15.82
NYSE	650.57	UP	6.41

WEDNESDAY'S SITE TV SCHEDULE

CHANNEL 2

1030	BOY MEETS WORLD
1100	THE WIZARD OF OZ
1630	NATIONAL GEOGRAPHIC EXPLORER
1730	JEOPARDY
1800	PENSACOLA: WINGS OF GOLD
1900	WALKER, TEXAS RANGER
2000	THE RAGE: CARRIE 2
2200	BREAKDOWN

CHANNEL 6

1030	SABRINA
1100	SIMON BIRCH
1630	GONE FISHIN
1800	DIE HARD 2
2000	CRAZY IN ALABAMA
2200	LIFE

TV SCHEDULE SUBJECT TO CHANGE
DUE TO OPERATIONAL COMMITMENTS

BONHOMME RICHARD'S ALMANAC

Capt. Robert J. Connelly, Commanding Officer

Lt. Cmdr. Laurie Rye, Public Affairs Officer

JOC(SW/AW) Stephen K. Robinson, Asst. Public Affairs Officer

JO1(SW) Robert W. Garnand, Editor

JO3 Laura C. Wiggins, Staff Writer

Lt1 Jimmie Claspell, Print Shop

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INTERNATIONAL NEWS

IRANIAN JEWS CAUGHT IN TURMOIL

By Susan Sachs

A group of solemn women pulled off their head scarves and cloaks and readied themselves for the mikvah, or ritual bath, in a steamy side building of the Delrakhim synagogue. For the traumatized Jews of Shiraz, 6,000 strong and supporting 16 different synagogues, the evening brought little comfort.

13 of their number will go on trial in the feared Revolutionary Court, accused of spying for Israel, in a case that has been caught up in the swirl of Iran's internal political battles and could undo its tentative overtures to the West. "We are all praying for them, praying that they come home soon to their families," said Fariba, a young woman at the bath who, like the other women, was afraid to give her last name. "We are a small group, we Jews in Shiraz, and everybody knows them. They are our family."

Local leaders said that the arrest of the 13 men, the youngest of them 18, is the worst event in anyone's memory to befall the dwindling Jewish community, which has survived in Iran for over 2,000 years.

The society around them is also in turmoil, and the Jews have been squeezed by the conflict between the hard-line Muslim hierarchy that controls the judiciary and the reformers backing President Mohammad Khatami's efforts at liberalization. The spy case has drawn close international attention, with Jewish groups and human rights organizations condemning it as a political show trial aimed at frustrating Khatami's attempts to develop warmer relations with some of the country's traditional enemies, including the United States.

SPORTS

HOCKEY SCORES:

New Jersey	5	Toronto	1
(New Jersey leads series 2-1)			
Detroit	3	Colorado	1
(Colorado leads series 2-1)			

BASEBALL SCORES:

Boston	10	Detroit	6
Houston	5	Milwaukee	0
NY Yankee	2	Cleveland	1
Toronto	5	Chi. White Sox	3
Colorado	15	Montreal	8
Florida	5	San Diego	2
Oakland	7	Kansas City	5
Atlanta	2	Iowa	1
San Francisco	10	Mets	3

BASKETBALL SCORES:

Philadelphia	105	Charlotte	99
(Philadelphia wins 3-1)			
Milwaukee	100	Indiana	87
(Series tied 2-2)			

CONGRATULATION

Enlisted Aviation Warfare Specialist

CTM2(SW) Reginald Thomas

IT2(SW) Kenyatta Pace



Electronics Technician Second Class (SW) Robert Davis replaced a sector gear on a DC-214 copier in the Combat Systems Maintenance Center last week. (Photo by FC3 Garrick Combs.)

COMMANDANT DESIGNATES MAY AS MENTAL HEALTH MONTH

By Capt. M. W. Gilday, CMC PAO

Stress can challenge us in positive and negative ways, both physically and mentally. Research in health psychology has linked certain behaviors and activities with improved resistance to stress.

Marines must choose what they can do to make positive choices in their daily life. Some suggestions include:

- eat nutritious foods
- get regular rest
- exercise regularly
- believe in something or someone
- encourage friendships
- have a hobby

Anger is a common byproduct of stress. Many Marines believe that expressing anger through aggression is instinctive, and a healthy way to get rid of the anger. The exact opposite is true. Aggression is a learned behavior, acted out by individuals with poor impulse control. Studies have shown that a continual focus on the expression of anger will actually increase hostility.

There are many tools available to help Marines manage anger. Some of these include:

a. Keep an anger log - take an honest look at hostility levels. Make note of the frequency and intensity of anger.

b. Talk to yourself - make an agreement with yourself to try and keep your cool under stressful circumstances.

c. Cool it! - when you become aware of hostile thoughts or attitudes, verbally tell yourself to "stop" or "cool it down". This will actually decrease the likelihood of

getting hostile or aggressive.

d. Distract yourself - when you cannot change a situation, or have assessed that it is not worth the trouble of becoming irritated, turn to a healthy alternative like exercise or a hobby.

Stress can also lead to burnout, and vice versa. Burnout is usually the result of pushing too hard without support relief. It can last a few days, or weeks, or become chronic due to years of unrelenting pressure. Initial burnout symptoms often include a loss of: energy, drive, playfulness, confidence, concentration, and satisfaction. Unmanaged, burnout can lead to exhaustion, bitterness, cynicism, irritability, and ineffectiveness.

Marines have a built-in remedy to stress and burnout. It's called annual leave. As the name implies, Marines should be able to take leave and "leave" their work (and all of the pressure, conflicts, stress, and uncertainty that goes with it) behind them for short periods of time throughout the year. This does not mean we stop being Marines, just that we take a break from the work we perform daily.

These are just some of the methods for combating stress, and its associated problems. For more information on stress management, contact your local semper fit center.

Enhancing our readiness for the challenges of the 21st century requires that all Marines, male and female, from our youngest private to our senior commanders, be proactive in enhancing healthy lifestyles and reducing health detractors for a fit and ready force.